

Im Technologiepark 1 * 15236 Frankfurt (Oder) Tel. (0335) 40164121* Fax 40164123

info@einfachfaircatering.de

Lunch menu

Opening times:

Monday to Friday 8.30 to -10 am & 11.00 am to 1.30 pm Lunch 11.00 am to 1.30 pm

pasta dísh

without meat

vegan dísh

Cafeteria at

the

IHP GmbH

| Remember to check out our alternative daily offers | | | | | | | | |
|--|---|------|---|------|--|------|---|---------------------------|
| Week | Soup of the day | | Once-course meal | | <u>Main dish</u> | | Trend food | |
| | 1,25 € | | 4,40 € | | 4,90 € | | 5,50 € | |
| 15. | from the soup pot 0,2 I | | inclusive of 1 small dessert of the day <u>or</u> 1 small soup of the day 0,1 l | | please choose from our daily offer of side dishes | | please choose from our da | aily offer of side dishes |
| | ZZV | kcal | ZZV | kcal | ZZV | kcal | ZZV | kcal |
| Monday 08.04.2024 | Curried mango soup | | Spaghetti 'Carbonara' with ham and cheese sauce | | Chicken wings with capsicum sauce, potato wedges and Balkan-style vegetables | | Baked camembert cheese with peach and cranberry and salad bouquet | |
| | | 90 | aw, g, i, 1, 2, 3, 11 | 610 | aw, 1 | 690 | aw, c | 340 |
| Tuesday 09.04.2024 | Tomato-fish broth with julienne root vegetables | | Creamed spinach with two fried eggs and boiled potatoes | | Kassler-style pork roast with gravy, pickled cabbage and parsley potatoes | | Bismarck herring on lentil salad with parsley potatoes and yoghurt dip | |
| | d, i | 80 | aw, c, g, 3 | 580 | aw, 2, 3, 11 | 540 | aw, c, d, g, j, 2, 11 | 630 |
| Wednesday 10.04.2024 | Potato-leek soup | | 2 pancakes with a ball of vanilla ice cream and fresh strawberries | | Stuffed peppers with spicy sauce and potatoe puree | | Fillet of sea fish with tomato sugo, served with tagliatelle | |
| | i, 3 | 110 | aw, c, g, 11 | 440 | aw, c, g, 3 | 530 | aw, d | 665 |
| Thursday 11.04.2024 | Broth (beef) with julienne vegetables | | Herb quark with linseed oil, boiled potatoes and cucumber salad | | "Coq au vin" (fried breaded chicken legs in red wine sauce) with pearl onions, mushrooms and herbed potato puree | | | |
| | aw, i | 115 | g, 3, 11 | 570 | aw, c, f, i, j, g, 3, 5, 11 | 690 | aw, c, g, 3 | 580 |
| Friday 12.04.2024 | Cream of asparagus soup | | Savoury lentil stew with pork sausage and wholegrain bread | | Breaded Merlan Fillet with herb butter, colorful market vegetables and salt potatoes | | Pork cutlet au gratin with spicy minced meat and cheese, served with potato chips and salad garnish | |
| | aw, g | 112 | aw, ar, i, j, 2, 3, 11 | 710 | aw, c, d, 3 | 730 | aw, g, 1, 11 | 690 |
| Please choose from our salad bar and the daily specials with dessert. Not IHP-members pay a surcharge of 0,50 Euro for lunch! | | | | | | | | |

allaman labalina

aw) cereals containing gluten (wheat) ar) cereals containing gluten (rye) b) crustaceans (-products) c) eggs (-products) d) fish (-products) e) peanuts (-products) f) Soy (-products) g) milk (-products, including lactose) h) nuts i) celery (-products) j) Mustard (-products) k) Sesame (-products) l) Sulphur dioxide and sulphites> 10 mg / kg / l m) lupine (-products) n) molluses (-products)

ENJOY YOUR MEAL

Menu subject to alterations!

marking required additives

1) with coloring 2) with preservative 3) with antioxidant 4) with flavor enhancer 5) geschwefelt 6) blackened 7) waxed 8) with phosphate 9) with sweeteners 10) contains phenylalanine 11) with sugars and sweeteners 12) with sugar substitutes 13) with quinine 14) with caffeine